



# Parent Update

A Newsletter for Families of Those Residing at the  
Southwestern Virginia Training Center

## SWVTC Celebrates March Madness

Whether their team was competing or not Sat. March 20<sup>th</sup>, all were excited in the gym. The Special Activities Committee held the first ever March Madness. It was a huge success!

Everyone participated in showing off their skills in the activities that were offered from various basketball activities such as shooting and dribbling contests. Participants were also able to watch a live basketball game on the big screen in the gym.

Carroll County High School cheerleaders, Tess Dalton, Amber Sweeny and Britney Penfield performed an awesome pep rally to get everyone into the spirit!! They threw out prizes and everyone got so excited when they caught one of the Tee Shirts. Poster, hats and t-shirts were donated by VA Tech. No one left empty handed, everyone got a basketball cup, snacks at the concession stand and lots of fun!!

Our own Raymond C. from 8B was the photographer for the day!



Wayne is handing Jerry the prize he won!!

The staff that made March Madness a success!!

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- \* March Madness is huge success
- \* Frosty comes in from the cold!!
- \* Lots of people earn a safety award.
- \* 6D gets a brand new flat screen TV!!!
- \* Everyone had fun at the Hawaiian Luau
- \* The Hiking Club has fun on the New River Trail.

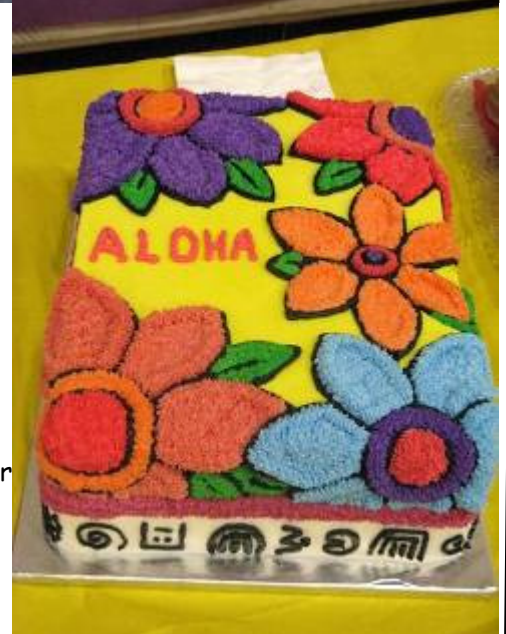
## SWVTC honors all of its VOLUNTEERS as Volunteers of the Year at this year's Volunteer Appreciation Luau!!

On April 15th 2010, SWVTC honored all of its volunteers with a special Hawaiian Luau. Everyone who came was presented with a Certificate of Appreciation, Hawaiian Lei, and treated to a BBQ dinner. After dinner the Blue Ridge Country Kickers kicked off the fun by teaching us all to clog to musical stylins' of the Slide Mountain Boys Plus One. Instead of honoring a few volunteers we did things a little different this year and honored every one of our volunteers as **Volunteers of the Year**. Every person who volunteers here is special to this organization so it only seemed fitting to honor everyone equally!! So to all of our volunteers from the bottom of our hearts we say THANK YOU for all you do!!



Community and Individuals having fun dancing to the music preformed by the Slide Mt. Boys Plus One.

Right: One of the beautiful cakes served for dessert!!





## Safety Awards Presented

By Michele Laird, Risk Manager

Congratulations to 3B, 8A, 8C and 12B residents and staff for the safety achievements for the October 1, 2009 to December 31, 2009 reporting period! Eight A residents and staff enjoyed an ice cream cake on March 5, 2010. Thank you all for your dedication and hard work!



## Frosty comes in for a visit!!!

Individuals residing on Building 3 enjoyed a visit from "Frosty the Snowman" on March 3rd following a late snowfall that southwestern Virginia had.

**Eddie B.** (above) loaned Frosty his hat. Jeanette "Cookie" assisted with the snow sculpture of Frosty. Several individuals touched Frosty to see if he was real and COLD. After Frosty's visit, he was placed beside the mailbox outside building 3 and thanks to some needed warmer weather has melted away.

## Carroll County Intermediate School's FFA Chapter Recognizes Ladies of 6D

The Carroll County Intermediate School- FFA surprised the ladies of 6D on Feb. 25 with a 42" flat screen TV. This was in recognition of National-FFA Week and to also recognize the ladies of 6D for their work with the partnership between the FFA and SWVTC work program. John Carpenter, FFA-Advisor/teacher and several of the executive officers presented the TV to the ladies. The FFA purchased the TV through contributions from family members of the students and donations from the community that support the partnership.



# SWVTC celebrates March as Intellectual and Developmental Disabilities Awareness Month

Every year all of the second graders in Carroll County, Grayson County, and City of Galax make beautifully decorated cards filled with words of joy and happiness to the Individuals who live here in honor of March being Intellectual and Developmental Disabilities Awareness Month. Every living unit was given some of these cards and asked to decorate a wall or a door and the winner would receive a party of their choice!! The winner chosen was 4A/B. They decorated the wall as you enter building 4 with a spring scene and incorporated the cards into the scenery. It was very well thoughtout and nicely put together!! I must add that there were a lot of good ones and it was a hard decision!!



4A/B



6A



Danny shows off what he did on 8B.



5D depicted people with disabilities and how they dealt with it.



# New Horizons is "Giving Back!" By Guida Poe

The PMP team has initiated trips into the community so that individuals on New Horizons could "give back" to the community by providing services and/or making visitations.

On January 27th, Individuals from 3D went to the home of Nevada Martin. They helped put groceries in her pantry and also tidied up her Christmas decorations that had been knocked over by the harsh weather. Nevada appreciated the help and enjoyed 3D's visit.

Also in January, clients on 3D visited Lola Newman, former SWVTC housekeeper. During their visit, out of appreciation and love, Lola was presented with a cake. Lola was very happy to see and visit with the individuals from 3D and was very appreciative of their gift.

On March 4<sup>th</sup>, Individuals from 3E and F visited DSP Elaine Webster. The individuals helped out with winter chores and shoveling snow. They also assisted with the purchase of her groceries. Elaine loved her visit with the guys and gals and was truly grateful for how they helped her with these household tasks.

On March 24<sup>th</sup>, 3C went to visit a former SWVTC nurse, Elsie Ryan. Elsie has been going through some difficult times. She seemed to "cheer up" during her visit with the Individuals whom she knew and they remembered her. She also enjoyed meeting others with whom she had not been acquainted. This visit put a big smile on her face, and seemed to bring her much joy.

The New Horizon clients are glad to bring some happiness to others and hopefully ease life's burdens.



Mandy and Guida putting away cans at Nevada's house.



Sharon and Mary Lee brought Lola a cake!!

# **SWVTC Special Olympians Take Record Ribbon Haul!**

**By Corey Williams, Recreation Therapist**

Saturday April 10<sup>th</sup> was indeed a special day as Special Olympians from Area 9 converged on Cupp Stadium at Radford University for a day of fun filled competition. Even though the day started off a bit chilly and windy, the sun came out and everyone warmed up quickly participating in the various track and field events and cheering on our participants as they competed.

With the largest group of participants competing in recent years from SWVTC and easily being the biggest group in area 9, SWVTC participants carried themselves well and even got to be at the front of the line for the Parade of Champions during the opening ceremonies. Following the opening ceremonies, the events began and participants were busy competing for the rest of the day. When all events were over, every participant from SWVTC came home with at least one ribbon; some came home with even more!

At the end of the day, both participants and staff were exhausted from a long day of competing and cheering. With that being said, the recreation department would like to thank everyone who helped with Special Olympics this year; it would not have been a success without everyone who put the time, efforts, and a day of their weekend to make this great event happen. Thank you all so much. Below is a list of the participants who competed this year at Special Olympics

Amanda A. 6D

Hope B. 5B

Jeanne B. 6B

Travis B. 3C

Raymond C. 8B

Sarah Beth C. 5B

Sharon D. 3D

Bobby L. 3F

Melody N. 3D

Jessica O. 4A

Nobel P. 7A

Weslie R. 12A

Lloyd R. 12A

Keith S. 8A

Henry D. 4B

Kenny D. 12A

David F. 12A

Andy Gr. 3F

Johnney H. 6D

Sandy L. 12B

Dale S. 3F

Kevin W. 7A

Jerry W. 5A

Matthew W. 7A

Trina W. 3C

Timmy W. 4A



Everyone was showing their SWVTC PRIDE!!!

Sharon D and Trina W both participated in the ball throw and had a great time!!



## Radford TAP program provides Horseback Riding Lessons

By Janet Crowder

A few weeks ago, several individuals from SWVTC began attending horseback riding classes at Harmony Hills Equestrian Center in Pembroke, VA via the TAP program at Radford University. They are learning to do a variety of activities ranging from grooming a horse to learning how to use the reins to 'tell' their horse what to do to traversing obstacle courses! All of the individuals that have participated so far are thoroughly enjoying the 'hands on' experience with the Harmony Hills horses!



Raymond (top) and Henry D (bottom) had a great time learning how to use the reins to get the horse to move to where they wanted him to go!!



Left:  
Nobel even learned how to properly groom the horse. He is shown here brushing the horse.



## Spring is Here and the Hiking Club is taking advantage of the beautiful weather!!!!

Now that warmer weather is here, the Hiking Club is getting back into gear! Our individuals are enjoying seeing the New River Trail coming alive with the arrival of Spring! Tom Smith, Thomas B, Sarah Beth, and I headed out for a nice long walk on the trail and saw plenty of wildflowers in bloom!!



Sarah B. and Thomas B hiking the New River Trail.

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**LIFE at SWVTC**

**VISION:** Living  
Independently and  
Functionally Everyday

**MISSION:** Support Work  
Value Teach Communicate

**Help for Parents and Associates Advocate  
Council (PAAC)**

**Our group needs your help! Is anyone interested in serving as President of the SWVTC PAAC? The duties include chairing PAAC meetings and occasionally representing PAAC at meetings or writing letters on behalf of the membership. The person who serves in this position will have assistance from the facility whenever needed. Please contact your Social Worker if you are interested.**

**We need your help!!**



**A Note From Jean Felts, Community Services Director**

Mark Saturday, May 22 on your calendar! That's the date of the 2010 SWVTC Parent Picnic. You will be getting an invitation in the mail soon. This year, SWVTC will serve a barbeque lunch with all the fixin's. Feel free to bring your favorite dessert to share at the luncheon, which starts at noon.

In addition to having lunch with old friends, the afternoon will continue with a Provider Fair of Community Services Boards and other service providers from across southwest Virginia. This will be an opportunity for you to meet and talk with those agencies. We will also have a panel of parents of former SWVTC residents available to talk with any interested parents and answer any questions you may have about their experiences. In addition, there will be other speakers to share information about Money Follows the Person and other topics of interest.